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# CHINESE COOKING CARDS
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# DUCK

24 Famous
Chinese dishes
for banquets
or everyday
family use.

24道名菜
家常宴客
道道適宜

# 鴨類

**Duck 1**

# Camphor and Tea Smoked Duck

# Camphor and Tea Smoked Duck

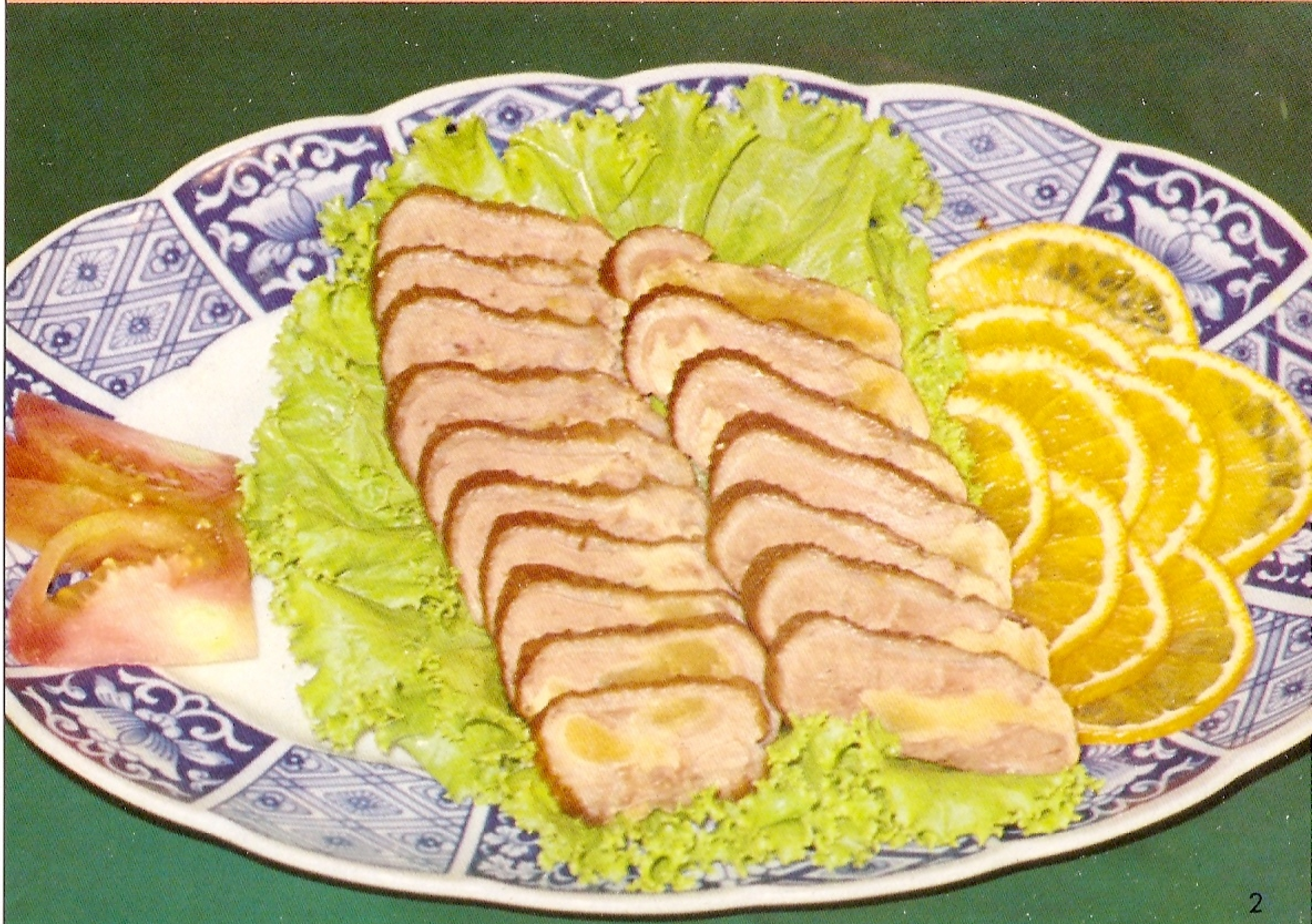
**Ingredients:**

| | |
|---|---|
| *1* | *Duck (about 5 lbs.)* |
| *3 T.* | *Salt* |
| *2 T.* | *Brown peppercorn* |
| *2 t.* | *Saltpeter* |
| *2 C.* | *Wood chips (Camphor wood is best)* |
| *1/2 C.* | *Black tea leaves* |
| *8 C.* | *Oil* |
| | *a little fruit pel (orange or lemon)* |

**Procedure:**

1. Fry peppercorns and salt in dry pan over low heat about 1 minute, take out and let cool, then mix with saltpeter. Rub the duck inside and out side, let stand for 6 hours or overnight.
2. Use string to hang the duck by the neck and place in shade in a windy area until very dry (about 6 hours).
3. In heavy iron pot place the wood chips, black tea leaves and fruit peel (well mixed together). Add a rack over this and place the duck on it. Cover. Smoke this about 10 minutes over low heat. Turn the duck and smoke for 10 minutes more. Duck will be brown.
4. Remove duck put in steamer to steam for 2 hours. Remove and deep fry until skin is crispy and very dark brown. Cut in 1" wide 2" long pieces, lay on platter. May be served with green onion and sweet bean paste.

# Stuffed Duck with Egg Yolk



# Stuffed Duck with Egg Yolk

**Ingredients:**

| | | | |
|---|---|---|---|
| *1/2* | *Duck* | *5* | *Salted egg yolk* |
| *1 T.* | *Soysauce* | *8* | *tooth picks* |
| *1/2 t.* | *Salt* | *1* | *White cloth* |
| *1/2 t.* | *Black pepper* | *4 C.* | *Oil.* |

**Procedure:**

1. Cut off leg from duck, rub soysauce over duck's skin and deep fry duck in hot oil for 1/2 minute till golden brown.
2. Remove bone from duck, split lengthwise to make duck chest into one big piece (don't cut through). splash salt and black pepper.
3. Cut each salted egg yolk into half. Place 5 egg yolks in center of duck chest, then place another 5 egg yolk above. Press evenly, roll the duck meat to make a cylinder seal with tooth pick. steam for 1 hour.
4. Remove toothpick, wrap in a wet cloth, pressed by a heavy chopping board for half a day.
5. unpack wet cloth, cut into slices. Serve.

## Duck 3 Bunched Duck Stick with Mushroom & Ham

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# Bunched Duck Stick with Mushroom & Ham

**Ingredients:**

| | | | |
|---|---|---|---|
| *1/2* | *Duck* | *3 oz* | *Duck intestine* |
| *2* | *Black mushrooms* | *20 pcs.* | *Snow Peas tip (or green vegetable)* |
| *3 oz* | *Chinese Ham* | *1/2 T.* | *Wine* |
| *2* | *Duck gizzard* | *1/2 t.* | *Salt* |
| *5* | *Dried bambooshoot. (Bien-gien)* | *8 C.* | *Boiling water.* |

**Procedure:**

1. Steam the duck over high heat for half an hour. When it is cool, remove bones, cut into 2'' long stick. (make 20 pieces) (leave remaining meat and bones for later use).
2. Cut each soaked black mushrooms into 10 sticks. Cut steamed ham and duck gizzard into 20 sticks. boil duck intestine for one minute, cut into strings.
3. Soak dried bamboo shoot in warm water for 1 hour. Cut into 2'' long sections. Split each section into 4 sticks.
4. Tie duck, mushrom, ham, duck gizzard and dried bamboo shoot with one intestine to make 20 bunches, cook with boiling water, add duck bones, bamboo shoot ends, soak mushroom water. Cook over low heat.
5. Season with salt, add green vegetable, take duck bunches out to large soup bowl pour soup in bowl. Serve.

# Stir Fried Roasted Duck with Vegetables

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# Stir Fried Roasted Duck with Vegetables

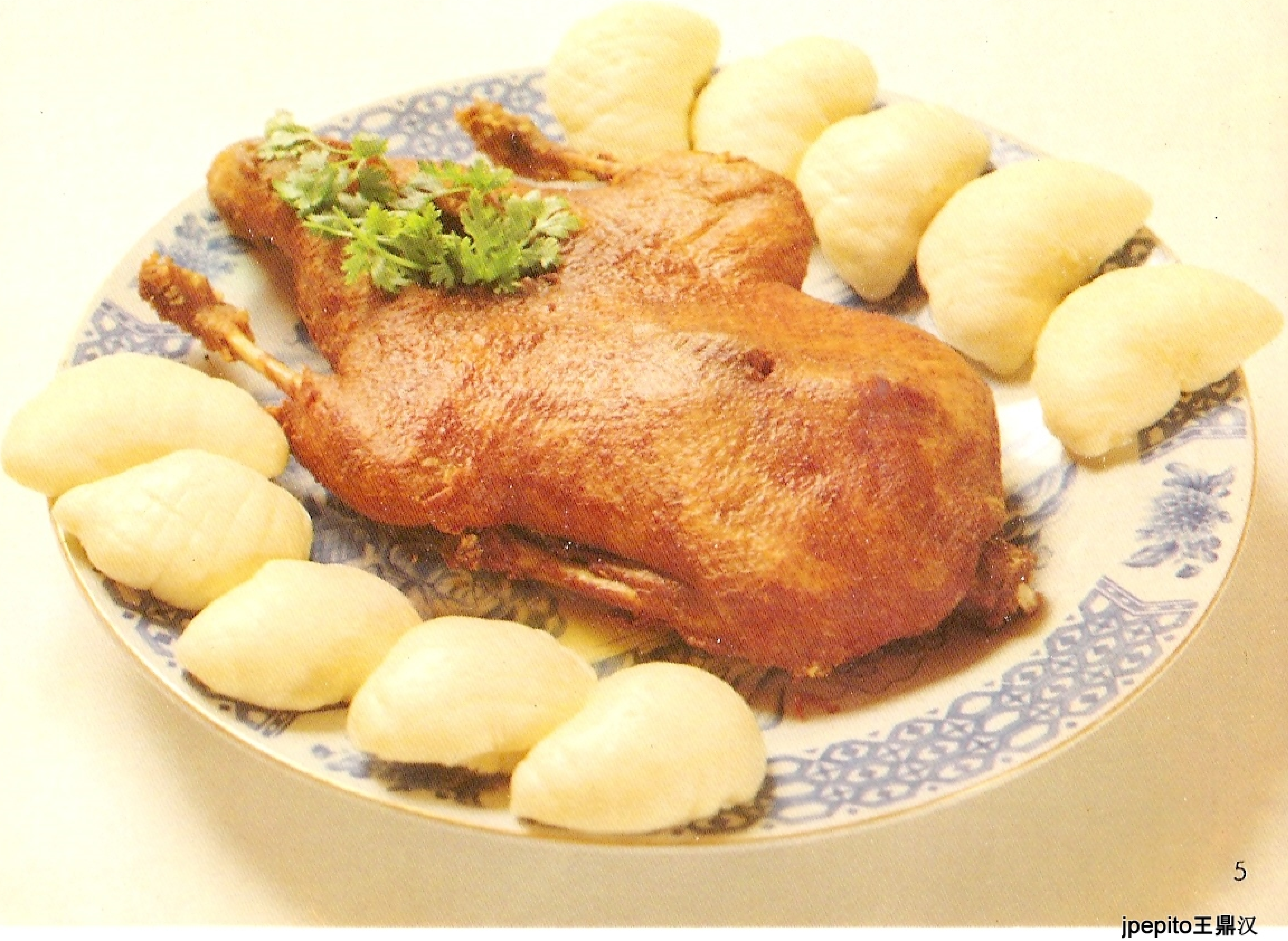
**Ingredients:**

| | | | |
|---|---|---|---|
| *1/2* | *Roasted duck* | *1 T.* | *Sugar* |
| *4* | *Black mushrooms* | *1 T.* | *Vinegar* |
| *1* | *Bamboo shoot* | *1 T.* | *Soysauce* |
| *15 pcs.* | *Green onion (sections)* | *1 C.* | *Soupstock* |
| *5 T.* | *Oil* | *1 T.* | *Cornstarch* |
| *1 t.* | *Salt* | | |

**Procedure:**

1. Remove bones from roast duck. cut into 1'' cube slices.
2. Cut bamboo shoot into slices 1'' long, slice soaked black mushroom.
3. Heat 4 T. oil in frying pan to stir fry green onion, black mushroom, bamboo shoot, add salt, Sugar, Vinegar, Soysauce, soup stock. When boiling, thicken with Cornstarch paste.
4. Add duck in pan, turn off heat, mix with 1 T. hot oil. Serve.

# Crispy Duck Home Style



# Crispy Duck Home Style

**Ingredients:**

| | | | |
|---|---|---|---|
| *1* | *Duck (about 4 lbs.)* | *1 T.* | *Wine* |
| *2 T.* | *Brown peppercorn* | *3 T.* | *Soysauce* |
| *2 T.* | *Salt* | *1/2 C.* | *Flour* |
| *2* | *Green onions* | *8 C.* | *Oil* |
| *2 slices* | *Ginger* | *2 t.* | *Flavored pepper corn salt* |

**Procedure:**

1. Fry the brown peppercorn over low heat in dry frying pan for 1 minutes, add salt, fry 1 more minute. Place in a bowl and let cool. Mix with green onion, ginger and wine.
2. Clean and wipe the duck. Rub the outside and inside of duck with fried peppercorn and salt (No. 1). Let stand for 6 hours or overnight.
3. Place the duck in its bowl in boiling steamer to steam over high heat for 3 hours, until very tender.
4. Remove the duck let cool a few minutes, brush soysauce all over the duck, powder with flour, deep fry in heated oil over high heat about 3 minutes, until brown and crispy. (Much better to fry twice).
5. Lay the fried duck on platter breast side up. Put 1 t. peppercorn salt on each side of platter and serve with the steamed flower-shape bun. (Sliced bread or spring roll skin may be substituted). Separate the duck with chopsticks and place duck meat inside of bun. Tastes delicious.

# Spiced Duck Cold Cuts

# Spiced Duck Cold Cuts

**Ingredients:**

| | | | |
|---|---|---|---|
| *1* | *Whole duck (about 4 lbs.)* | *4 T.* | *Wine* |
| *2 T.* | *Brown pepper corn* | *2* | *(1"×1") Cinnamon sticks* |
| *2-1/2 T.* | *Salt* | *4* | *Star anise* |
| *1 T.* | *Salt peter* | *3* | *Ginger slices* |
| *10 C.* | *Cold water* | *5 pcs.* | *green onion (3" long)* |
| *2 T.* | *Salt* | | |
| *1 T.* | *Sugar* | | |

**Procedure:**

1. Clean the duck. Then pat it dry with a paper towel (out side and inside).
2. Stir fry the brown pepper corn over low heat in a dry frying pan for 1/2 minute and then add salt and stir until the salt turns yellow. Place into a large bowl. Rub both the out side and the inside of the duck with the salt mixture. Let Stand for at least 6 hours (don't soak it over 2 days).
3. Put the soaked duck in a pan of boiling water. When the water begins to boil again, remove the duck from the pan. Wash it again with cold water.
4. In a pan, boil 10 cups of water. Add salt, sugar, wine, and spieces Place the duck into the pan (breast side down). Cover and cook about 40 minutes over very low heat, (turn it over once after 5 minutes). Turn off the heat. Remove the duck after the broth and duck have cooled.
5. Chop the duck with the bones into 1/2 inch wide, 2 inch long pieces. Arrange on a platter and serve cold.

# Mashed Taro on Crispy Duck

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# Mashed Taro on Crispy Duck

**Ingredients:**

| | |
|---|---|
| *1/2* | *Duck (about 2 lbs.)* |
| *2 T.* | *Soysauce (dark)* |
| *1* | *Whole star anise* |
| *1* | *Green onion (3'' long)* |
| *2 slices* | *Ginger* |
| *1 t.* | *Brown pepper corn* |
| *1 lb.* | *Taro (or potato)* |
| *2/3 C.* | *Cornstarch* |
| *1/3 C.* | *Boiling water* |
| *3 T.* | *Lard (or shortening)* |
| *1/2 t.* | *Salt* |
| *1/4 t.* | *Pepper* |
| *1 T.* | *Dry shrimp (soaked and chopped)* |
| *2 T.* | *Ham or sausage (chopped)* |
| *1 T.* | *Cornstarch* |
| *1 C.* | *Lettuce (shredded* |
| *1/2 t.* | *Sugar (seasoning sauce)* |
| *1 t.* | *Salt ,,* |
| *1 t.* | *Cornstarch ,,* |
| *1 T.* | *Soysauce (light) ,,* |
| *1 T.* | *Oyster sauce ,,* |
| *2/3 C.* | *Chicken stock ,,* |
| *2 T.* | *green onion (chopped) ,,* |

**Procedure:**

1. Clean and wipe the duck. Put on a plate with skin side up. Rub with soysauce, after 15 minutes, deep fry the duck until golden brown. Drain. Put the duck on a plate. Put the green onion, ginger, brown pepper corn, and star anise on top of the duck. Steam over high heat about 1-1/2 hours.
2. Add boiling water to cornstarch. Mix thoroughly.
3. Cut the taro into 1/2'' slices. Steam until soft (about 20 minutes). Peel and mash it very fine. Place into a large bowl. Add chopped dry shrimp, chopped ham, salt, pepper, cornstarch and lard. Knead thoroughly.
4. Put the duck on a flat plate skin side down. Remove the bones. Sprinkle the whole top with cornstarch. Then cover with all of the No. 3 mixture. Sprinkle the top with cornstarch again. Flatten and smooth the top. Slip the whole duck into heated oil. Deep fry over low heat unit the out side turns golden brown.
5. Remove the duck and cut into small diamond shaped pieces. Place on the shredded lettuce leaves.
6. Boil the seasoning sauce, add the chopped green onion. Pour the sauce into 2 small bowls. Usually the duck is dipped into it before eating.

Duck 8

# Stewed Duck with Plum Sauce

# Stewed Duck with plum Sauce

**Ingredients:**

| | | | |
|---|---|---|---|
| *1.* | *Duck* | *2 pcs* | *Licorice.* |
| *1-1/2 C.* | *Soysauce* | *3 T.* | *Wine* |
| *2* | *Green onion* | *1/2 C.* | *Sugar* |
| *3* | *Ginger* | *3 oz* | *Dried plums* |
| *1 T.* | *Brown peppercorn* | *10 oz* | *Sour plum* |
| *3* | *Star anise* | *10 oz* | *Rock sugar* |
| *1 T.* | *Dried orange Peel* | *6 C.* | *Oil* |

**Procedure:**

1. Soak duck in soysauce for 5 minutes, deep fry in very hot oil till golden brown.
2. Heat 2 T. oil to stir fry green onion, ginger, add soaked duck, soysauce, wine, sugar, brown peppecorn, star anise, dried orange pell, licorice and 8 C. boiling water. put duck in pan and cook over low heat for 1-1/2 hour. Remove, let cool.
3. Soak dried plum and sour plum in 1 C. boiling water for 1/2 hour, pour in a pan cook with rock sugar and 3 C. brown sauce (soup from cooking duck) for 1/2 hour over low heat. sift with a strainer.
4. Cut duck into 1/2'' long rectangle. arrange on plate. splash plum sauce. Serve.

**Duck 9**

# Fried Duck Pan Cake.

# Fried Duck Pan Cake

**Ingredients:**

| | |
|---|---|
| *1/2* | *Duck (about 2-1/2 lbs.)* |
| *4 oz.* | *Pork (shoulder)* |
| *2/3 C.* | *Shredded bamboo shoots* |
| *1/3 C.* | *Shredded mushrooms* |
| *2 T.* | *Shredded green onion* |
| *1/2 T.* | *Shredded ginger* |
| *1-1/2 t.* | *Salt* |
| *1/6 t.* | *Black pepper* |
| *3* | *Eggs (make batter)* |
| *6 T.* | *Flour* " |
| *3 T.* | *Cornstarch* " |
| *1 T.* | *Cold water* " |

| | | |
|---|---|---|
| *1 C.* | *Oil* | |
| *2 T.* | *Tomoto catsup (seasoning sauce)* | |
| *1 T.* | *Vinegar* | " |
| *3 T.* | *Sugar* | " |
| *1 t.* | *Salt* | " |
| *1 t.* | *Cornstarch* | " |
| *1/4 t.* | *Sesame oil* | " |
| *4 T.* | *Cold water* | " |
| *1 T.* | *Chopped green onion* | |

**Procedure:**

1. Cook the duck and pork in boiling water until done (about 30 minutes). remove bones from duck then cut the meat into 1-1/2 inch long shreds.
2. In a large bowl make a smooth batter with beaten eggs, cold water, flour and cornstarch.
3. Add the duck, pork, mushrooms, bamboo shoot, green onion and ginger to the flour batter. Then add the salt and the black pepper. Mix well.
4. Heat 2 T. of oil inn a frying pan. Pour the seasoning sauce in and bring to a boil. Remove to two small bowls.
5. Heat another 1 C. of oil. Pour in No. 3 mixture. Flatten and press with a spatula to a round pan cake shape. Fry for 5 minutes over low heat. Turn it over. Fry another 5 minutes. Remove and cut into small diagonal pieces. Arrange on a platter. Serve with seasoning sauce (No. 4).

# Steamed Duck in Soup Lotus—Shaped

# Steamed Duck in Soup Lotus-Shaped

## Ingredients:

| | | | |
|---|---|---|---|
| *1/2* | *Duck* | *5 C.* | *Soup stock.* |
| *10 oz* | *Pickled cabbage* | *1-1/2 t.* | *Salt.* |
| *1* | *Black mushroom* | *2 pcs.* | *Ginger slices.* |
| *3* | *Bamboo Shoot* | | |

## Procedure:

1. Steam duck over high heat for 1/2 hour, let cool and remove bones, cut into 12 slices.
2. Peel pickled cabbage leaves one by one. cut into large slices. Cut bamboo shoot into slices.
3. Soak black mushroom till soft, place in center of a bowl (black side down.)
4. Arrange duck slice, pickle cabbage, bamboo shoot, one after another around inside of the bowl. Insert remaining duck, remaining ingredient and some ginger in center of bowl, pour in soup stock and 1/2 t. salt. Steam for 20 minutes.
5. Turn bowl upside down in a large soup bowl, pour in 4 C. boiling soup stock (add 1 t. salt). Serve.

Duck 11

# Spiced Cold Duck Taiwan Style

# Spiced Cold Duck Taiwan Style

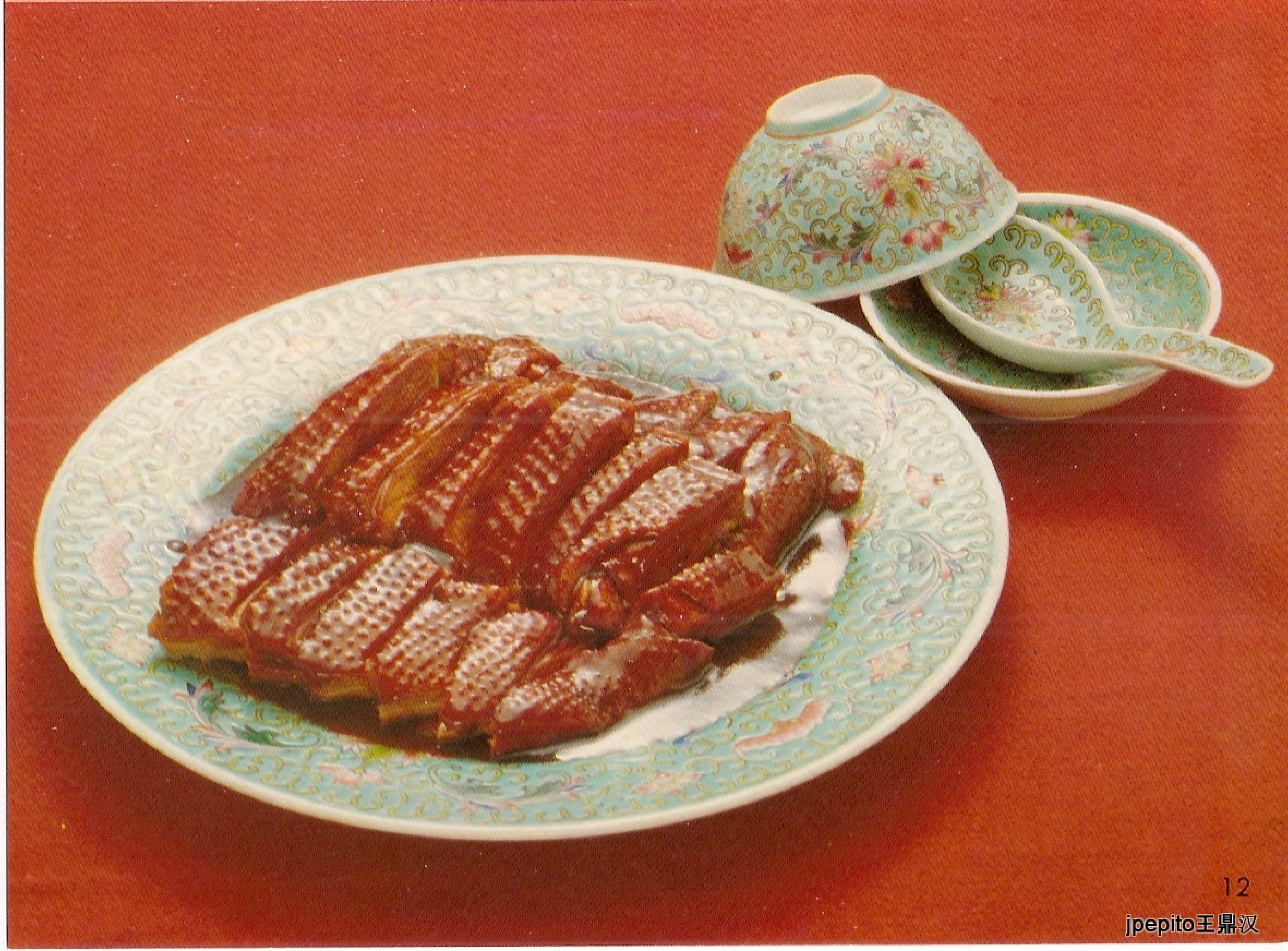
**Ingredients:**

| | | | | |
|---|---|---|---|---|
| *1* | *Duck* | | *1-1/2 T.* | *Salt.* |
| *1* | *Green onion* | | *3 T.* | *Wine* |
| *2* | *Ginger slices.* | | *15 C.* | *Water* |
| *1 T.* | *Brown peppercorn* | | *3 T.* | *Brown sugar* |
| *3* | *Star Anise* | A | | *Sugar can skin (opeional)* |
| *3 T.* | *Soysauce* | | | *Chinese parsley* |

**Procedure:**

1. Put all ingredients of A in a wok, cook over medium heat for 10 minutes. this is spiced soup.
2. Soak duck in boiling water for 5 minutes. remove and drain.
3. Put duck in spiced soup and cook for 15 minutes. turn off heat, leave duck in soup for 1 hour. remove and drain. Hang the duck and let wind dry for 1 hour.
4. Cook brown sugar and sugar can skin in a pan over low heat. place a rack in the pan, put duck on rack, cover and smoke for 20 minute till duck turns brown.
5. Cut duck into slices. Serve with chinese parsley and 1/2 C. spiced soup.

# Stewed Duck with All Spice Bean Sauce



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# Stewed Duck with All Spice Bean Sauce

**Ingredients:**

| | | | |
|---|---|---|---|
| *1.* | *Duck.* | *2* | *Green onion* |
| *1 T.* | *Salt.* | *2* | *Ginger* |
| *1 C.* | *Soysauce* | *1/2 C.* | *Rock sugar* |
| *3 T.* | *Wine* | *6 C.* | *Boiling water* |
| | *All spice (brown peppercorn, dried orange peel, star anise, each a little* | | |

**Procedure:**

1. Boil the duck in boiling water for 3 minutes, remove, pat dry, rub with salt.
2. Cook 6 C. boiling water in a wok, add soysauce, wine, rock sugar, green onion, ginger and all spice (pack in a cloth pocket). When boiling, put duck in and cook over low heat for 2 hour.
3. Remove duck and let dry cut into 1/2'' thick slices.
4. Continue to cook the duck soup of (2.) till only one cup of soup left. Sift and splash over duck. Serve.

# Stewed Duck with Assorted Vegetables

# Stewed Duck with Assorted Vegetables

**Ingredients:**

| | | | |
|---|---|---|---|
| *1* | *Whole Duck (about 4 lbs.)* | *1* | *Star anise (optional)* |
| *1* | *Duck gizzard* | *6 T.* | *Soysauce* |
| *1* | *Duck liver* | *1 T.* | *Wine* |
| *1* | *Bamboo shoot* | *1/2 T.* | *Sugar* |
| *3* | *Dried mushrooms* | *1 T.* | *Cornstarch (make paste)* |
| *1/2* | *Carrot* | *1 T.* | *Cold water ”* |
| *10* | *Snow pea pods* | *1 t.* | *Sesame oil* |
| *2* | *Green onions* | *6 C.* | *Oil* |

**Procedure:**

1. Cut the duck through the breast lengthwise. Open the breast and lay the duck flat on a big round plate with skin side up. Sprinkle and rub the duck with soysauce. Let stand 10 minutes.
2. Deep fry the duck until golden brown. Drain.
3. In a deep pot mix soysauce from |1, wine, sugar, star anise, green onion. Bring to a boil. Put the duck in and cover it with boiling water (about 6 C.). Stew at low heat until the duck is tender when only 1 C. of liquid is left (about 2-1/2 hour).
4. Slice the gizzard, liver, cooded bamboo shoots and carrots. Soften and slice the mushrooms.
5. Lay the duck on a platter with large bone removed. Remove the crumbs and spices from the stewed sauce. Add sliced ingredients from |4. STir until cooked through. Thicken the sauce with cornstarch paste. Sprinkle some sesame oil and pour it over the duck. Serve.

# Steamed Duck Pudding

# Steamed Duck Pudding

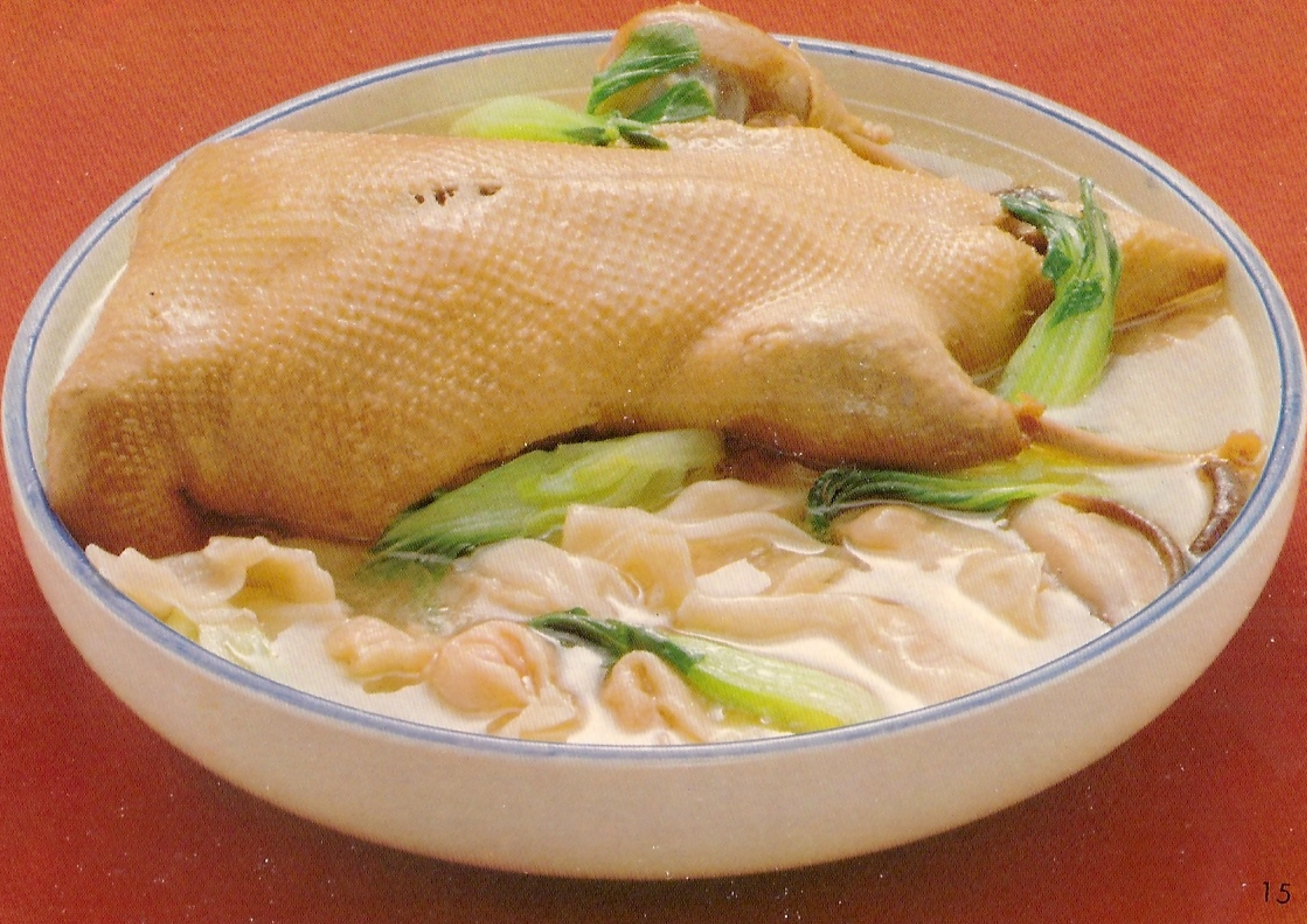
**Ingredients:**

| | |
|---|---|
| *1/2* | *Duck (about 2-1/2 lbs.)* |
| *1/2 t.* | *Sugar (to marinate duck)* |
| *1 t.* | *Salt ’’* |
| *1 t.* | *Wine ’’* |
| *2 T.* | *Soysauce ’’* |
| *1/4 t.* | *Black petter ’’* |
| *4 C.* | *Cooked glutinous rice* |
| *3 T.* | *Diced ham (1/2’’ cube)* |
| *2 T.* | *Diced black mushrooms* |
| *2 T.* | *Dry shrimp (soaked and dirced)* |
| *1/3 C.* | *Soaked lotus seeds (optional)* |
| *1* | *Diced duck gizzrd (1/4’’ cube)* |
| *5 T.* | *Oil* |
| *1/2 T.* | *Wine* |
| *1 T.* | *Soysauce* |
| *1/2 t.* | *Salt* |
| *A few* | *Chinese parsley leaves* |

**Procedure:**

1. Steam the duck over high heat about one hour. Remove and let it cool. remove all the bones carefully from the duck with a cleaver and fingers. Cut the boneless duck into 1’’ wide, 2’’ long pieces (with skin). Put the duck attractively in the bottom of a large bowl (skin side down).
2. In another small bowl mix sugar, salt, wine, soysauce and black pepper. Pour it around the edges of the duck bowl.
3. Heat the oil. Sauté ham, mushrooms, shrimp, duck gizzards, and lotus seeds for about 1 minute. Splash in the wine, soysauce and salt. Turn off the heat. Add the cooked glutionous rice and mix well.
4. Place all of the mixed rice in to the bowl, carefully covering the duck. Flatten and cover the top with a plate and steam the duck pudding for 1 hour.
5. Place a serving platter up side down over the bowl with duck pudding. Turn the whole thing over, so that the duck pudding is on the serving platter. Remove the bowl.
6. Place parsley leaves on top for decoration. Serve hot.

# Braised Duck with Wun—Ton



# Braised Duck with Wun-Ton

**Ingredients:**

| | | |
|---|---|---|
| *1/2 lb.* | *Pork spareribs* | |
| *1* | *Duck* | |
| *3* | *Green onion* | |
| *2* | *Ginger* | |
| *1 t.* | *Salt.* | |
| *10* | *Green vegetable* | |
| *8 oz* | *Ground pork* | |
| *1/2 T.* | *Soysauce* | A |
| *1/2 t.* | *Salt* | A |
| *1 t.* | *Wine* | A |
| *2 T.* | *Green onion (chopped)* | A |
| *1 t.* | *Sesame oil* | A |
| *20 pcs.* | *Wun-Ton skin* | |

**Procedure:**

1. Cook duck in boiling water for 2-3 minutes. remove and rinse in cold water. Press chest lightly.
2. Put duck and pork spareribs in a large wok, add green onion, ginger, boiling water, cook over low heat for 2 hours. discard ginger and green onion.
3. Mix ground pork with A wrap ground pork with Wun-Ton skins, cook in boiling water for 5 minutes. Remove.
4. Season duck soup with salt, add Won-Ton and cooked green vegetables, cook for another 3 minutes. Serve.

# Stewed Duck with Brown Sauce

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# Stewed Duck with Brown Sauce

## Ingredients:

| | |
|---|---|
| *1/2* | *Duck* |
| *5 T.* | *Soysauce* |
| *6 C.* | *Oil* |
| *2* | *Green onion* |
| *3* | *Ginger* |
| *1 T.* | *Wine* |
| *1 T.* | *Sugar* |
| *6 C.* | *Soup stock* |
| *2* | *Bamboo shoot* |
| *1/2 T.* | *Cornstarch* |
| *1/2 t.* | *Sesame oil* |
| *1 T.* | *Green onion (chopped)* |

## Procedure:

1. Cut Duck into pieces 1'' × 2''. Marinate with soysauce for 1/2 hour. Remove and drain, deep fry in hot oil until brown.
2. Heat 2 T. oil in frying pan, stir fry green onion, ginger, splash wine, soup stock and soysauce cook over low heat for 1-1/2 hour. add salt, sugar, bamboo shoot (cut into pieces). Cook for another 10 minutes.
3. Thicken with cornstarch paste. add 1 T. hot oil. Serve.

**Duck 17**

# Fried Duck Coin—Shaped

# Fried Duck Coin-Shaped

**Ingredients:**

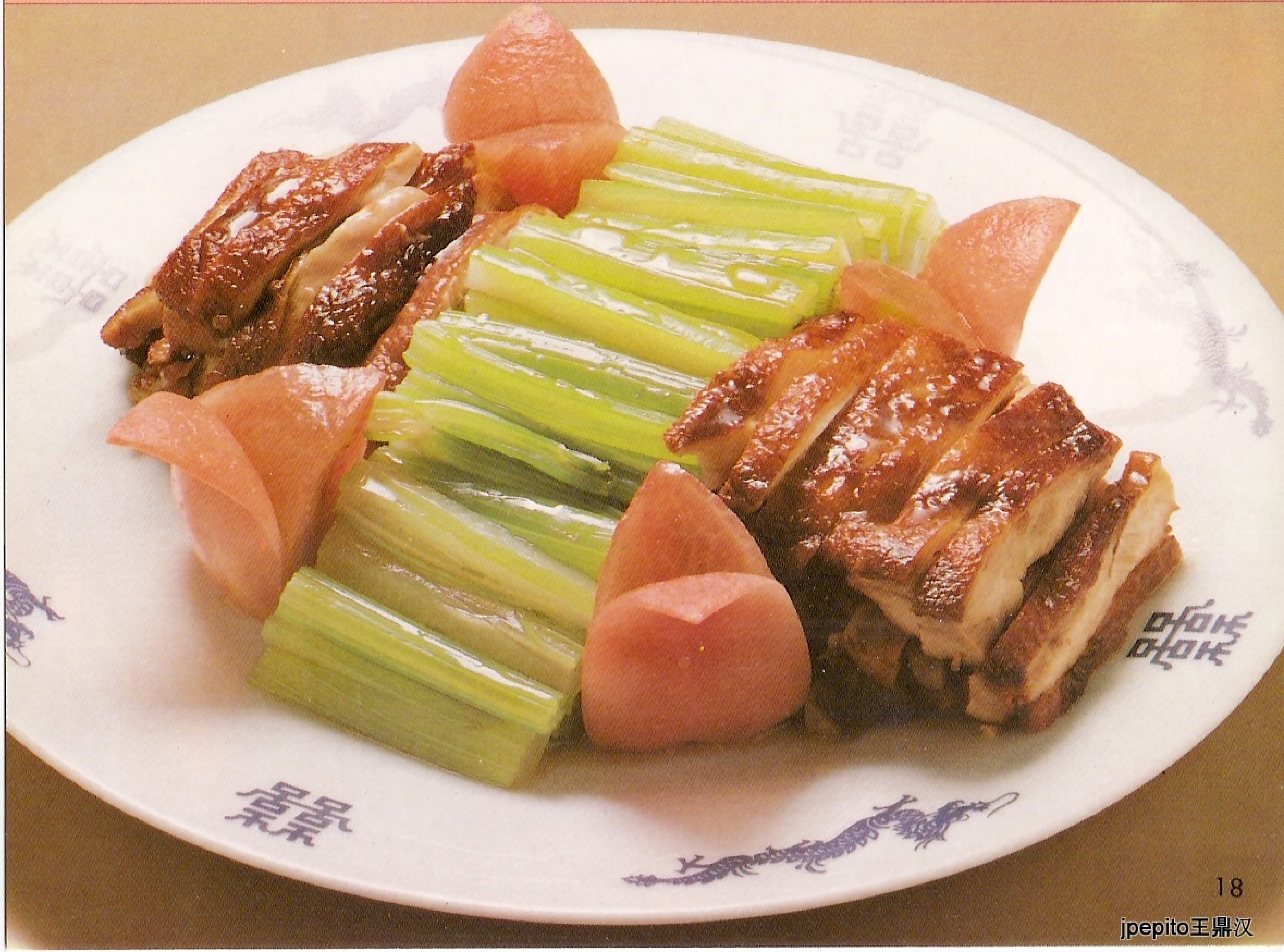
| | |
|---|---|
| *1/2* | *Duck (about 1-1/2 lbs.)* |
| *1-1/2 T.* | *Brown peppercorn* |
| *1-1/2 T.* | *Salt* |
| *4 slices* | *Bread* |
| *2* | *Egg whites (egg white batter)* |
| *1/2 C.* | *Flour ( ” )* |
| *1 t.* | *Baking powder ( ” )* |
| *1/4 t.* | *Salt. ( ” )* |
| *2* | *Egg yolks (egg yolk paste)* |
| *2 T.* | *Flour ( ” )* |
| *6 C.* | *Oil* |
| *A Little* | *tomato, lettuce* |

**Procedure:**

1. Stir-fry brown peppercorn and salt over low heat in a dry frying pan. When they turn brown remove and place in bowl and let cool. Rub the duck, and let stand for one day. Steam over high heat for 2 hours. After duck cools, remove all bones, and cut into 12 pieces.
2. Beat egg whites until stiff, add flour, baking powder and salt, and mix gently until even (this is egg white batter). Mix egg yolks and a little flour into a paste.
3. Slice bread intgo 1-1/2 inch round shapes and brush them with egg yolk paste. Place 1 T. egg white paste and a piece of duck meat on the bread (with skin side up).
4. Heat oil, deep-fry duck cakes for about 1/2 minute and then turn them over, fry for another 1/2 minute. Remove, drain, and place on platter, serve with brown peppercorn salt. (Place some lettuce on plate and garnish with sliced tomato.).

**Duck 18**

# Shredded Roast Duck Salad



jpepito王鼎汉

# Shredded Roast Duck Salad

**Ingredients:**

| | |
|---|---|
| *1/4* | *Roast duck* |
| *1 lb.* | *Celery* |
| *1 t.* | *Salt.* |
| *1-1/2 C.* | *Bean sprout* |
| *1/2 T.* | *Mustard* |
| *2 T.* | *Water* |

| | | |
|---|---|---|
| *1/2 T.* | *Sesame paste* | A |
| *1-1/2 T.* | *Soysauce* | |
| *1 T.* | *Soup stock* | |
| *1/2 t.* | *Sugar* | |
| *1/2 t.* | *Salt* | |
| *1 t.* | *Sesame oil* | |
| *1/2 T.* | *Sesame seeds.* | |

**Procedure:**

1. Remove bones from roast duck. cut into 1-1/2'' long sticks. (size as chopstick). divide into 2 parts, arrange on platter.
2. cook celery in boiling water for 10 seconds (add 1 t. salt). remove and rinse in cold water. squeeze dry, cut into 1-1/2'' long sections,arrange crosswise on platter.
3. In a small bowl, mix mustard and water, leave in a warm place for 3 minutes.
4. Mix A with mustard paste. Splash on duck when serving.

* If your prefer hot food, you can add hot red pepper oil.

# Deep Fried Crispy Duck Cake.

# Deep Fried Crispy Duck Cake

**Ingredients:**

| | | | |
|---|---|---|---|
| *1/4* | *Duck* | *3 T.* | *Flour* |
| *1-1/2 T.* | *Brown pepper corn* | *1/2 C.* | *Water* |
| *1 T.* | *Salt.* | *6 pcs* | *Dried bean curd sheet* |
| *1* | *Green onion* | *5 C* | *Oil* |
| *1* | *Ginger slice* | *12* | *Buns* |
| *1/2 T.* | *Green onion (chopped)* | *3 T.* | *Sweet soybean paste* |
| *1* | *Egg* | *15 pcs.* | *Green onion sections. (2'' long)* |

**Procedure:**

1. Stir fry brown pepper corn and salt in dry pan over low heat for 3 minutes, take out and let cool, rub on duck with green onion, ginger and wine, marinate for 6 hours.
2. Steam duck for 2 hours till very tender, let cool and tear into strings.
3. Beat the egg and mix with water. green onion and flour.
4. Cut dried bean curd sheet into 5''×8''. Put 2 pieces together. rub a little bit egg mixture and splash some duck meat. Cover with one sheet, rub egg mixture and splash duck. repeat this procedure four times. fold whole sheet layers into half (5''×4'' rectangle), stick with tooth pick.
5. Deep fry in hot oil over low heat till golden brown. Cut into 1-1/2'' squares. Serve with sweet soybean paste and green onion.

**Note:** Sweat soybean paste must be stir fry with 1 T. hot oil before serving

# Stir Fried Sliced Duck with Pineapple

# Stir Fried Sliced Duck with Pineapple

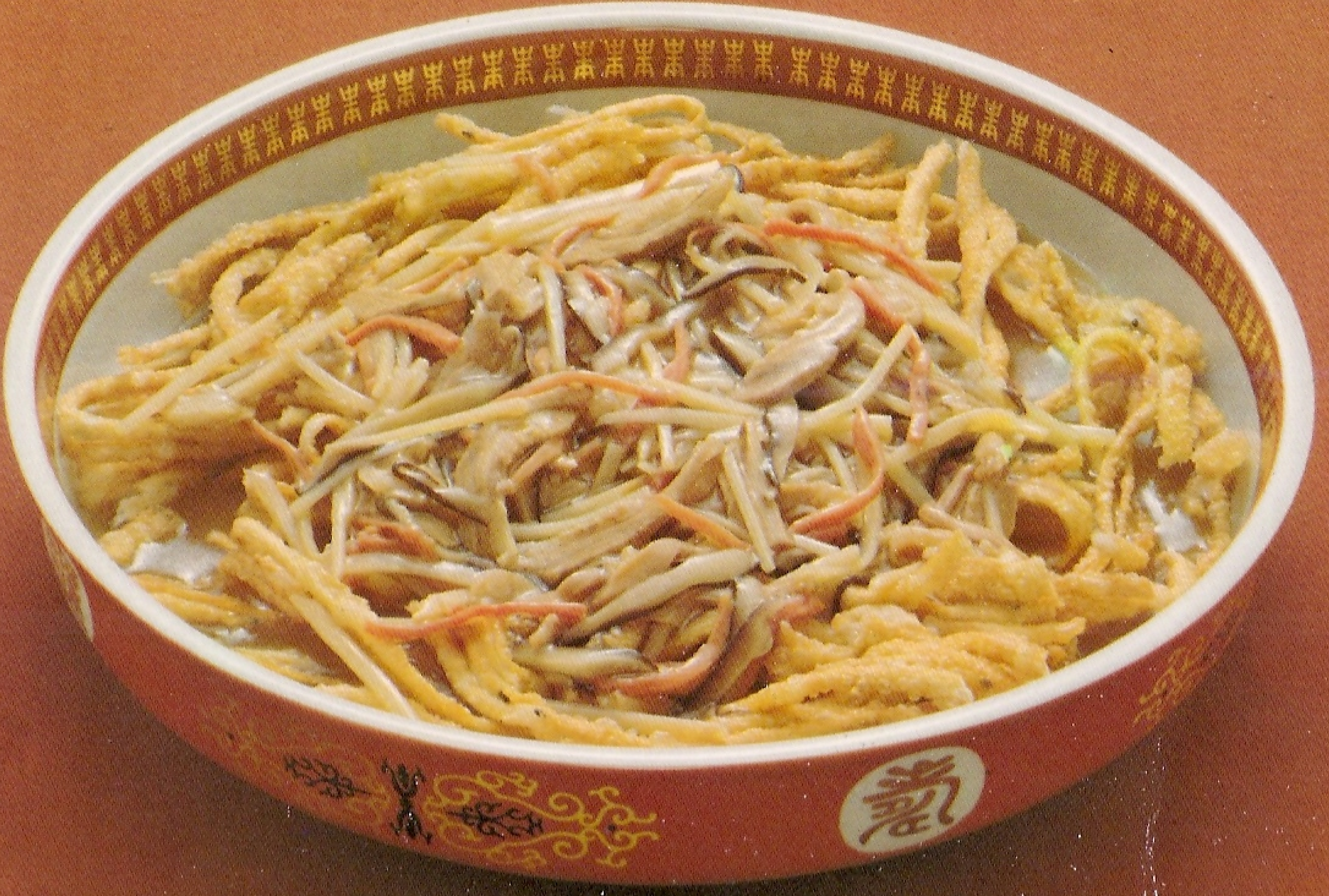
**Ingredients:**

| | | | |
|---|---|---|---|
| *2/3 lb.* | *Duck meat* | *10 pcs.* | *Green onion sections* |
| *1/2* | *Egg white* | *1 T.* | *Garlic (chopped)* |
| *1 T.* | *Cornstarch* | *3 T.* | *Sugar* |
| *3 pcs.* | *Pineapple slices* | *3 T.* | *Vinegar* |
| *1* | *Green pepper* | *5 T.* | *Water* |
| *2* | *Red hot pepper* | *1/2 t.* | *Salt.* |
| *2 C.* | *Oil* | *1 t.* | *Sesame oil* |
| *10 pcs.* | *Won-Ton Wrappers* | *1 T.* | *Cornstarch* |
| *2 T.* | *Pickled ginger slices.* | *1 T.* | *ketchup.* |

**Procedure:**

1. Cut duck into Slices, marinate with cornstarch and egg white.
2. Cut each pineapple slice into 6 pieces. Cut green pepper and red hot pepper into small cubes.
3. Cut each Won-Ton wrapper into 2 pieces. Cut 1'' slit along the center of each piece. Put two layers together. Pull one side through the center slit, deep fry till golden brown. Place on platter. Deep fry duck slices in 300°C oil over high heat, remove immediately.
4. Heat 3 T. oil to stir fry green onion, ginger and pickled ginger for a minute, add green pepper, red hot pepper, sweet and sour sauce, bring to a boil, add pineapple and duck, mix well, splash 2 T. hot oil. Serve.

# Shredded Duck with Fried Noodles



# Shredded Duck with Fried Noodles

**Ingredients:**

| | | | |
|---|---|---|---|
| *1/4* | *Duck* | *1/2 t.* | *Salt.* |
| *3* | *Black mushrooms* | *1 t.* | *Wine* |
| *1* | *Bamboo shoot* | *2 C.* | *Soup stoke* |
| *2 T.* | *Ham (shredded)* | *2 T.* | *Cornstarch* |
| *3 T.* | *Fresh Soybean (cooked)* | *5 Pcs.* | *San-Tzu* |
| *2 T.* | *Soysauce* | | |

**Procedure:**

1. Cook duck in 6 C. boiling water for 30 minutes, remove and let cool. remove bones, cut into 1'' long sticks.
2. Cut cooked bamboo shoot and soaked black mushrooms into strings mix bamboo shoot, mushroom, duck in a large bowl add soysauce, salt, wine, soup stock, steam for 20 minutes.
3. Deep fry San-Tzu in hot oil. remove to platter. Boil 2 T. oil in a pan, add in fresh soybean, ham strings, thicken with cornstarch paste. splash sesame oil. black papper. Pour on San- Tzu. Serve.

* Deep fry rice noodle or green bean string can substitue San-Tzy.

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# Braised Duck with Lemon Sauce

# Braised Duck with Lemon Sauce

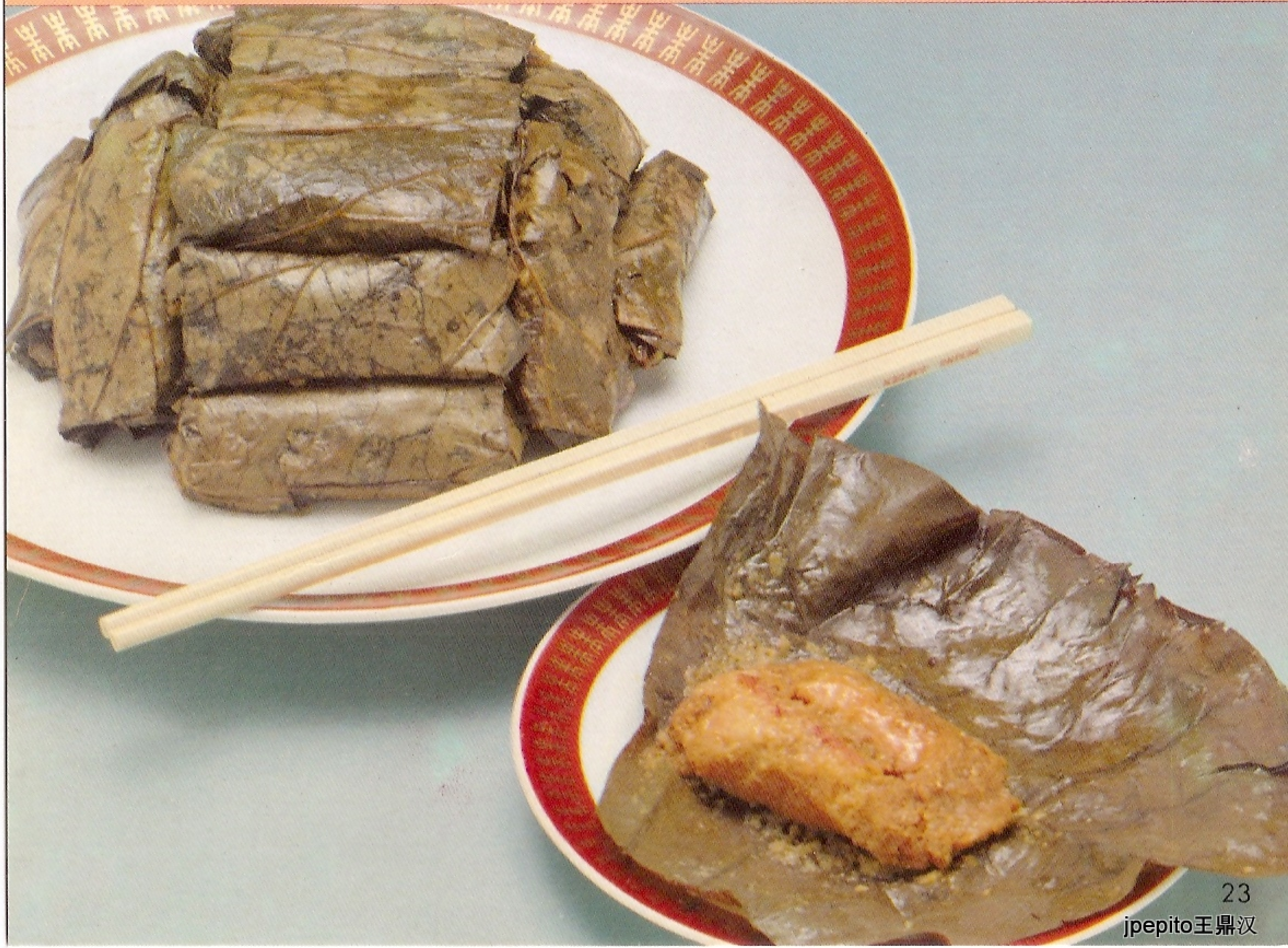
**Ingredients:**

| | | | | |
|---|---|---|---|---|
| *1/2* | *Duck* | | *1 C.* | *Soup stock* |
| *3 T.* | *Soysauce* | A | *3 T.* | *Ketchup* |
| *1 T.* | *Wine* | | *1 T.* | *Worcestershire sauce* |
| *1 t.* | *Sugar* | | *1 T.* | *Sugar* |
| *1 t.* | *Sesame oil* | | *1/2 t.* | *Salt* |
| *1 T.* | *Lemon slices* | | *1/2 t.* | *Cornstarch* |
| | | | *3 T.* | *Lemon juice.* |

**Procedure:**

1. Remove bones from duck, cut duck into 2 large pieces. marinate with A for 1/2 hour.
2. Heat 1 C. oil in pan, fry duck both sides till golden brown. pour out oil, add soupstock, ketchup. sugar, salt, Worcestershire sauce. Cook over low heat for 3-4 minutes with duck. Remove duck, cut into slices.
3. Thicken duck soup with cornstarch paste. splash lemon juice. Garnish with flower-shaped lemon. Serve.

# Steamed Duck in Lotus Leaves



# Steamed Duck in Lotus Leaves

**Ingredients:**

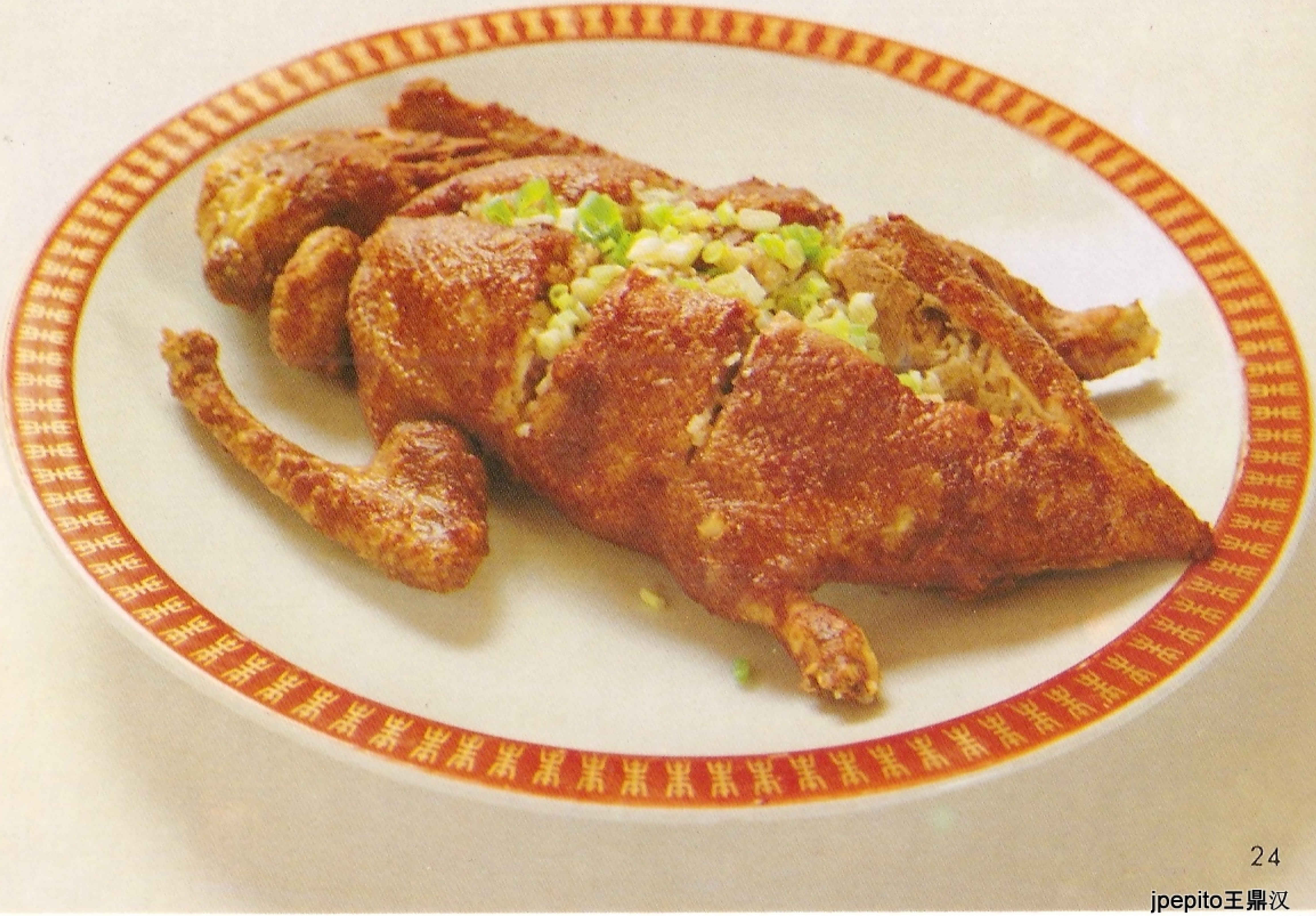
| | |
|---|---|
| *2 lbs.* | *Duck* |
| *15 pcs.* | *Lotus leaves (5”×5”) (fresh or dry)* |
| *1-1/2 C.* | *Flavered rice powder:* |
| | *(1 cup of uncooked rice in dry pan with 2 star anise and 1 t. of brown peppercorns. Stir over low heat for 5 minutes until rice gets a little brown. Remove and cool. Discard the spices. Grind to about the size of bread crumbs).* |
| *2 T.* | *Chopped green onion (to marinate duck)* |
| *1 T.* | *Chopped ginger ( ” )* |
| *2 T.* | *Soysauce ( ” )* |
| *1 T.* | *Sugar ( ” )* |
| *1 T.* | *Wine ( ” )* |
| *1 T.* | *Soy bean paste ( ” )* |
| *1 T.* | *Oil ( ” )* |
| *1/2 T.* | *Sesame oil ( ” )* |

**Procedure:**

1. After cleaning the duck, cut it into 1-1/2 inch wide, 2 inch long pieces. Marinate with green onion, ginger, soysauce, sugar, wine, soy bean paste, oil and sesame oil, about half an hour.
2. Cut the lotus leaves in 5 inch squares and then soak with warm water about 2 hours.
3. Add the rice powder to duck and mix thoroughly. Place one piece of the duck on a lotus leaf. Fold up the leaf. Then fold the left and right sides to center and roll to make a package. Place with smooth side face down on the bottom of a bowl or deep plate.
4. Steam over high heat for 1 hour until tender. Put a serving plate upside down over the bowl. Turn the whole thing over so that the duck is on the serving plate. Remove bowl.

NOTE: 1. Each person should unwrap the duck package before eating The leaf is not eaten, only the duck.
2. Chicken, beef, mutton or pork spareribs can be used instead of duck.

# Crispy Duck with Eight Jewel Stuffing



# Crispy Duck with Eight Jewel Stuffing

**Ingredients:**

| | | | |
|---|---|---|---|
| *1* | *Whole duck (about 4-1/2 lbs.)* | *2 T.* | *Soysauce (light)* |
| *3 C.* | *Glutionous rice (cooked)* | *1/2 t.* | *Salt* |
| *3* | *Black mushrooms* | *1 T.* | *Wine* |
| *1/4 C.* | *Diced ham* | *1/4 t.* | *Black pepper* |
| *20* | *Lotus seeds (soaked)* | *2 T.* | *Soysauce (dark)* |
| *2 T.* | *Diced bamboo shoot* | *3 T.* | *Flour* |
| *1 T.* | *Green peas (cooked)* | *2 T.* | *Chopped green onion* |
| *1 T.* | *Chopped dry shrimp (soaked)* | *2 T.* | *Oil* |
| *1.* | *Duck gizzard (dirced)* | *1 T.* | *Sesame oil* |
| *1 T.* | *Chopped green onion* | *8 C.* | *Oil* |

**Procedure:**

1. Use kitchen scissors or a sharp knife to cut the membranes around the duck's neck. Then stretch and remove all the bones from the duck and keep the duck in its original shape.
2. Softed black mushrooms. Dice the gizzard, and Heat 2 T. of oil in a frying pan. Stir fry the green onion for few seconds. Then add the black mushrooms, lotus seeds, duck gizzard, ham, bamboo shoots, green peas, and dry shrimp. Add in wine, soysauce, salt, and black pepper. Stir constantly. Turn off the heat. Add the cooked glutinous rice and mix thoroughly. (This is the stuffing).
3. Pack the stuffing mixture into the cavity of the duck and close up the tail opening with a needle and thread. Put on a platter to steam over high heat for about one hour.
4. Remove the duck and pat it dry. Rub all of the duck skin with soysauce. Then coat with flour. Deep fry the stuffed duck over high heat until golden brown and crisp.
5. Remove the duck to a platter. Score double across on the breast side of the duck. Sprinkle 1 T. of chopped green onion on the duck.
6. Heat 2 T. of oil and 1 T. of sesame oil. Pour it over. Serve immediately.

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## PEI MEI'S
## CHINESE COOKING CARDS

# DUCK

Pei Mei's Cooking Cards are classified into: Chicken, Duck, Pork, Beef, Fish, Soup, Seafood, Bean curd. & Eggs Vegetable, Vegetarian dishes.

**Written By: FU PEI MEI**

General Agency:
T & S Industrial Co. LtD.
P.O.BOX 1-66, Taipei, Taiwan

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